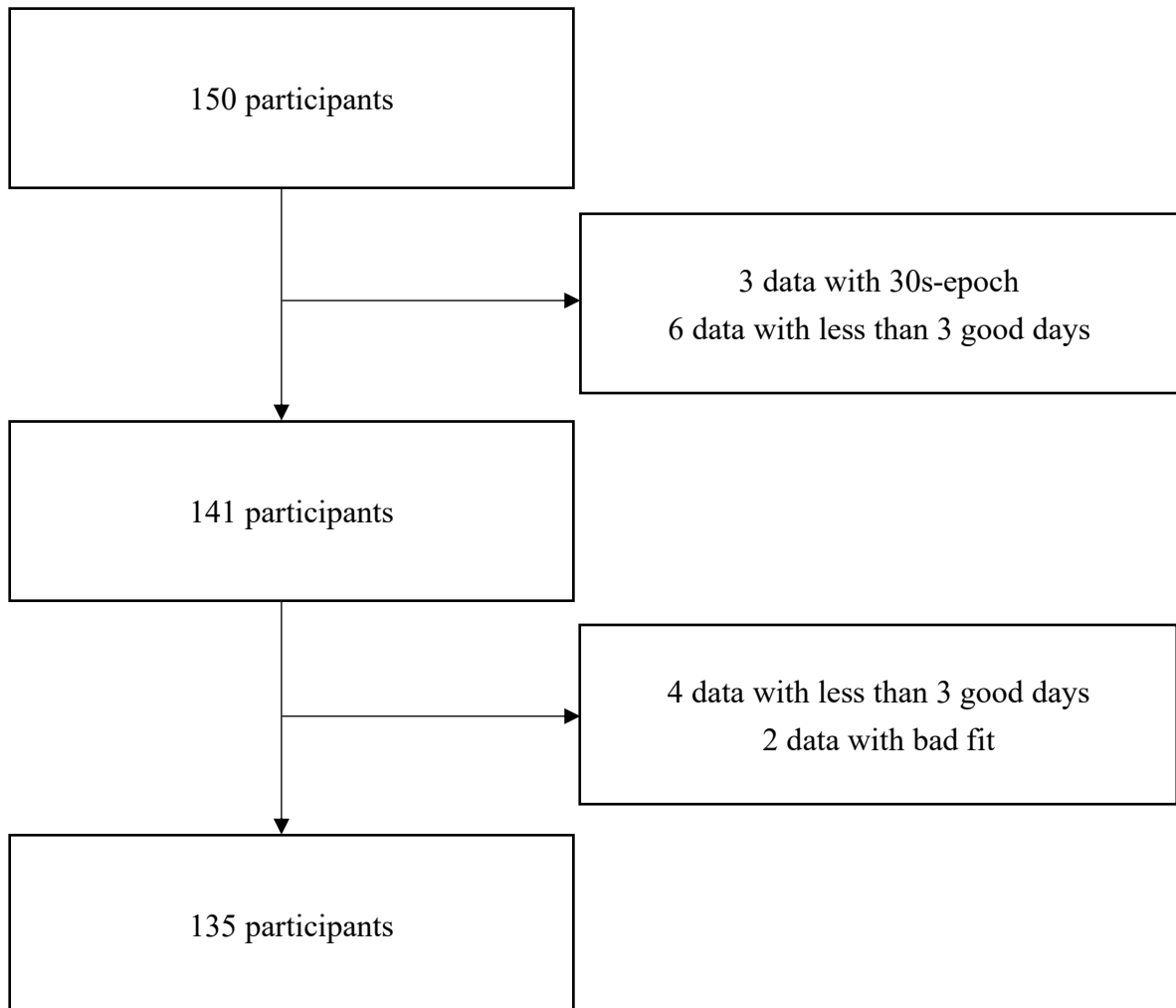


Supplementary Material 1

Flowchart



Supplementary Material 2*Multiple regressions of individual RAR variables on psychological measures*

	B	SE	Beta	t	p
PHQ-9					
IS	-7.514	8.159	-0.106	-0.921	.359
IV	-10.551	3.419	-0.273	-3.086	.002**
RA	-1.605	8.496	-0.021	-0.189	.850
Up-mesor	0.443	0.519	0.096	0.853	.395
Down-mesor	0.202	0.692	0.035	0.292	.771
Pseudo- F^{\wedge}	-2.513	0.982	-0.237	-2.560	.012*
HADS-A					
IS	-2.910	5.903	-0.059	-0.493	.623
IV	-4.301	2.474	-0.161	-1.738	.085
RA	-2.526	6.147	-0.049	-0.411	.682
Up-mesor	-0.207	0.376	-0.064	-0.550	.583
Down-mesor	0.292	0.501	0.072	0.582	.561
Pseudo- F^{\wedge}	-1.235	0.710	-0.169	-1.739	.084
ISI					
IS	-4.279	7.590	-0.065	-0.564	.574
IV	-9.895	3.181	-0.275	-3.111	.002**
RA	1.398	7.903	0.020	0.177	.860
Up-mesor	0.332	0.483	0.077	0.687	.493
Down-mesor	0.714	0.644	0.131	1.109	.269
Pseudo- F^{\wedge}	-2.420	0.913	-0.245	-2.651	.009**
MFI-20					
IS	-33.137	25.851	-0.163	-1.282	.203
IV	-26.377	10.511	-0.243	-2.509	.014*
RA	16.230	26.300	0.075	0.617	.538
Up-mesor	1.531	1.603	0.119	0.955	.342
Down-mesor	-0.501	2.129	-0.031	-0.235	.814
Pseudo- F^{\wedge}	-3.981	3.033	-0.132	-1.313	.192
SF-6D					
IS	0.054	0.174	0.035	0.308	.759
IV	0.239	0.073	0.289	3.283	.001**
RA	0.050	0.181	0.031	0.274	.784
Up-mesor	-0.004	0.011	-0.038	-0.337	.737
Down-mesor	-0.007	0.015	-0.056	-0.473	.637
Pseudo- F^{\wedge}	0.050	0.021	0.222	2.405	.018*

	log(OR)	SE	OR	Wald	<i>p</i>
MDD diagnosis					
IS	-0.613	2.258	0.542	0.074	.786
IV	-3.121	1.026	0.044	9.260	.002**
RA	-1.242	2.384	0.289	0.272	.602
Up-mesor	0.065	0.147	1.067	0.193	.661
Down-mesor	0.109	0.199	1.115	0.300	.584
Pseudo- F^{\wedge}	-0.774	0.296	0.461	6.842	.009**

Note. PHQ-9, Patient Health Questionnaire-9; HADS-A, Hospital Anxiety and Depression Scale – Anxiety subscale; ISI, Insomnia Severity Index; MFI-20, Multidimensional Fatigue Inventory-20; SF-6D, Short-Form Six-Dimensions; MDD, major depressive disorder. All models were controlled for gender and age.

* $p < .05$; ** $p < .01$; *** $p < .001$

\wedge Scaled down by a factor of 1/1000 to account for small coefficients.

Supplemental Table 3*BIC indicating the optimal model fit*

	EII	VII	EEI	VEI	EVI	VVI	EEE	VEE	EVE	VVE	EEV	VEV	EVV	VVV
# of groups														
1	-11652.8	-11652.8	-2793.83	-2793.83	-2793.83	-2793.83	-2674.44	-2674.44	-2674.44	-2674.44	-2674.44	-2674.44	-2674.44	-2674.44
2	-10944.4	-10870.4	-2707.72	-2664.22	-2654.69	-2640.22	-2655.5	-2601.7	-2605.23	-2596.52	-2676.76	-2650.61	-2640.42	-2656
3	-10476	-10593.9	-2708.75	-2650.67	-2686.01	-2649.88	-2670.16	-2619	-2638.48	-2631.36	-2747.62	-2719.34	-2710.39	-2748.17
4	-10102.7	-9899.19	-2668.3	-2670.92	-2707.24	-2668.25	-2700.25	-2639.33	-2688.66	-2673.25	-2790.27	-2762.46	-2767.31	-2792.62
5	-9956.05	-9680.73	-2690.36	-2689.59	NA	-2712.08	-2710.43	-2655.43	NA	NA	-2833.37	-2840.29	NA	NA
6	-9649.3	-9450.21	-2678.86	-2683.76	-2735.13	-2748.68	-2707.41	-2689.15	NA	NA	-2910.47	-2895.45	NA	NA
7	-9606.51	-9215.5	-2698.73	-2707.42	-2776.94	-2788.25	-2721.18	-2725.01	NA	NA	-2961.99	-2976.87	NA	NA
8	-9541.65	-9151.05	-2717.34	-2718.74	-2801.75	-2830.5	-2738.76	-2730.19	NA	NA	-2971.38	-3022.02	NA	NA
9	-9520.54	-9086.35	-2740.33	-2738.7	-2842.09	-2865.18	-2763.69	-2759.28	NA	NA	-3026.62	-3095.52	NA	NA

BOLD indicates best model as indicated by BIC.

Supplementary Material 4

Psychological measures across RAR profiles

	“later/irregular” (<i>n</i> = 22; 16.3%)	“earlier/robust” (<i>n</i> = 113; 83.7%)	<i>t</i>	<i>df</i>	<i>p</i>	Cohen’s <i>d</i>
PHQ-9	13.32 (7.74)	8.90 (8.12)	2.35	133	.020*	0.55
HADS-A	9.18 (5.65)	7.59 (5.66)	1.20	133	.231	0.28
ISI	13.23 (6.66)	9.28 (7.69)	2.25	133	.026*	0.52
MFI-20 ⁺	48.39 (22.19)	40.03 (22.74)	1.44	118	.152	0.37
SF-6D	0.687 (0.172)	0.737 (0.176)	-1.23	133	.222	-0.29

Note. PHQ-9, Patient Health Questionnaire-9; MDD, major depressive disorder; HADS-A, Hospital Anxiety and Depression Scale – Anxiety subscale; ISI, Insomnia Severity Index; MFI-20, Multidimensional Fatigue Inventory-20; SF-6D, Short-Form Six-Dimensions. All models were controlled for gender and age.

p* <.05; ** *p*<.01; * *p*<.001

⁺Sample sizes of “later/irregular” and “earlier/robust” groups were 18 and 102 respectively due to technical issues.